



4 FOOD PACKAGE/DRAFT ISSUANCE

Effective: 3/1/98

4.11 Tailoring for Nutritional Needs and Preferences: General

Revised: 11/1/00

POLICY: Food packages shall be tailored to individual nutritional needs and preferences.

PROCEDURE:

A. VARIETY OF PACKAGES

All CPAs and clerks must be familiar with the variety of food packages available and the rationale for the various offerings. Based on the Federal WIC Regulations and State policies, food packages have been designed to address the following:

1. Status, age, and nutrient needs. The Food Package Charts (see Attachment to Policy 4.10 Food Packages: General) are organized by general participant category, status and/or age. For example, the maximum milk equivalent quantities vary by status (e.g., pregnant, breastfeeding, child, postpartum), and the recommended total milk equivalent quantity is higher for older children than for younger children. Infant packages contain a standard progression for the introduction of cereal and juice based on age.
2. Nutrition/health conditions. WIC provides special formulas for infants and children with special needs, formulas or medical foods (referred to as liquid nutrition products on the participant materials) for women with special needs, non-contract milk- or soy-based formulas when contract formulas are contraindicated, lactose-reduced or -free milk for lactose intolerance, fat free or low fat milk only, and calcium-fortified juice.
3. Sanitary/storage conditions. If refrigeration is limited, there are food packages with powdered or evaporated milk, and powdered formula. Ready-to-feed formula packages are available when there is an unsanitary water supply.
4. Homelessness. Food packages for homeless participants contain small cans of juice, a higher quantity of peanut butter instead of eggs, and canned beans and peas instead of dry.
5. Participant preferences. Choices of packages based on preference include type of formula (powdered or concentrate), quantities of cheese (cheese may be substituted for milk at the rate of 1 pound of cheese for 3 quarts of milk), type of milk (all milk choice or limited to low fat), a combination of fluid milk with evaporated or powdered if the participant prefers to use the latter in cooking or baking, and all cheese instead of milk.



6. Willingness to consume foods. Food packages may be tailored down to lesser food amounts if the food is not being eaten. For example, pregnant or breastfeeding (basic) women can be issued a child's or a non-breastfeeding postpartum woman's package; or a child may be issued a non-breastfeeding postpartum woman's package.
7. Availability of other food sources
 - a) Routine participation in a child care program that provides meals indicates the need for a smaller quantity package.
 - b) Access to fresh milk (e.g. farm families) may indicate an All Cheese/No Milk package or a smaller total quantity of milk/cheese.
 - c) WIC staff may determine through the diet history or social situation that a participant will not consume or have access to the full package; the package should be tailored accordingly, such as in some joint/shared custody cases.
8. Portability/Usage. These packages include more drafts, offer the choice of gallons or half-gallons, and include "kosher allowed."
 - a) Type of transportation: The type of transportation may indicate the need to issue a food package with 1 gallon instead of 2 gallons milk on the drafts (e.g., a participant who rides the bus to shop may prefer to purchase smaller quantities and make more shopping trips).
 - b) Difficulty handling large containers: Some participants may have difficulty handling gallon containers (e.g., cerebral palsy) and would benefit from purchasing half-gallons.
 - c) Spoilage: In some cases, a gallon of milk may spoil before all the milk is consumed. Using milk in cooking or baking is one option; providing milk via more drafts is another (particularly when the smaller quantities of milk are issued).
 - d) Kosher milk and cheese: These packages allow the purchase of kosher milk (in gallons or half gallons, or quarts when stated on the draft) and kosher cheese.